



Us TOO Brampton February 2010 Newsletter

Visit our Web Site:

www.ustoo-brampton.com



Our Next General Meeting will be held on Tuesday, February 9th at 7:00 PM

Topic – TBA, but will likely cover Advances in Chemotherapy

By Dr Sandy Sehdev

Oncologist, The Oncology Group, William Osler Health Centre, Brampton.

Dr. Sehdev is a very interesting and entertaining speaker, an oncologist who has treated cancers in both men and women since 1993 in our local hospital.

He last told us about the "Latest in Chemotherapy Treatment" in January, 2005.

Please send your questions for Dr. Sehdev to: questions@ustoo-brampton.com

We look forward to seeing you in Room #2, The Terry Miller Recreation Center,
1295 Williams Parkway, at the southwest corner of Williams Parkway & Bramalea Road.

Parking as always is free.

Last Meeting – Tuesday, January 12th, 2009

By Dr. Edward Woods, FRCPC, Urologist, Scarborough General Hospital.

Dr. Woods has a specific interest in new technologies within urology, including the use of lasers and minimally invasive bladder techniques and surgery. He is also actively involved in clinical research in benign prostatic hypertrophy and prostate cancer. Dr. Woods works in co-operation with Dr. Orovan with HIFU treatments being delivered in Hamilton and Scarborough.

'HIFU' (High Intensity Focused Ultrasound) is a relatively new treatment for localized Prostate Cancer in Canada, but has been used successfully in Europe for as long as ten years. It uses high intensity focused ultrasound to effectively heat and destroy cancerous tissue.

While admitting that Radical Prostatectomy is still acknowledged as the “Gold Standard” in PCA treatment, Dr Woods indicated that HIFU treatment offers some distinct advantages in certain cases and studies are ongoing that may result in HIFU being recognized as a valid treatment alternative in these cases. Studies ongoing in Europe and North America are yielding treatment success results very close to those seen in more typical Radiation Therapy and HIFU has a number of distinct advantages over radiation:

HIFU is recommended for the treatment of low to intermediate risk cancers. It requires less infrastructure than Radiation and the equipment is mobile and can be moved from site to site to administer treatments without a more localized investment in equipment.

HIFU can be used multiple times if necessary, whereas repeat radiation therapy is not normally recommended. As such it can even be used as a follow-up or salvage treatment for surgical or radiation treatment failures. It can be used for patients unsuitable or unwilling to undergo surgery or radiation therapy.

HIFU demonstrates good results in terms of continence and potency as well. It is delivered via a Trans-Rectal Probe under a local spinal anesthetic as an outpatient procedure. Utilizing cold water to protect the rectum, a computer program moves the probe through a treatment pattern of 500 to 600 small focused burns over the course of 2½ to 3 hours in a single treatment. The patient is sent home on anti-biotics and mild pain killers.

At present HIFU is not covered by the Ontario Government and treatment costs about \$20,000.

Audio files will be available at a later time on our web-site: www.ustoo-brampton.com

2010 Guest Speakers And Events – See Website For Complete List

Tuesday, 9 February 2010 - Dr. Sandy Sehdev - Topic: To Be Announced
(but will be related to latest in Chemotherapy)

We have an exciting line up of speakers and events throughout 2010!!
Please watch for announcements on this website, in our newsletter and at our meetings.

Suggestions are always welcome !

Mukul Luthra, Speaker Committee: 519-853-4075 or mukul.luthra@ustoo-brampton.com

Ladies Only Meeting – Dr. Michelle Flax

Dr. Michelle Flax has offered to have a Ladies Only session for women to discuss their experiences and concerns related to Prostate Cancer and its effect on their relationship with their husbands during and post-treatment. Depending on the interest level we may schedule a separate session at Terry Miller or a more intimate session at one of the member's homes.

If you are interested in this unique session please contact:

Mildred Clark 905-457-7139

Invitation To Join The Prostate Cancer Canada Network

Recently, the Canadian Prostate Cancer Network (CPCN) combined with Prostate Cancer Canada to form Prostate Cancer Canada Network (PCCN). As you will recall, Us Too! Brampton was a chapter of the CPCN.

Us Too! Brampton has been invited to join this new national group and become Prostate Cancer Canada Network - Brampton.

The Steering Committee is studying this proposal. Al Hutton has spoken with some of the Executive of Man 2 Man, soon to become Prostate Cancer Canada Network - Toronto, in an effort to understand their decision.

We will discuss the matter with representatives of PCCN and with other chapters of the former CPCN as well.

As our research into the matter proceeds, we will advise the membership of our findings and call for a vote on the matter.

If you have any questions or concerns, please address them to any member of the Steering Committee.

Jim Dorsey, (905) 453-3038, jim.dorsey@ustoo-brampton.com

Financial Matters

2010 looks to be an interesting year.

We look to continue our new partnership with Steve and Al Hutton and the Prostate Extreme Team. (Look for their event on the next page) At the same time we hope to form new partnerships with Man 2 Man and other Prostate Cancer Awareness Groups.

2010 will bring new challenges, first of which will be to decide on whether to join the Prostate Cancer Canada Network. That decision will ultimately be made with the goal of continuing our Prostate Cancer Awareness efforts to best effect in Brampton and across Canada.

Gary Foote, Financial Controller, 905-458-6650 or gary.foote@ustoo-brampton.com

Final preparations are under way for the 5th Anniversary Sled Ride of Hope hosted by Kellermans Resort on Saturday, February 13th in beautiful Parry Sound Ontario. Our 2010 host OFSC Club is the South Sequin Snowmobile Club and we are proud to add them as a Special Events host. This year's event will host two separate rides, an advanced ride approximately 6 hours long and back by popular demand our family ride which is approximately 4 hours long.



It's not too late to register your family or group but space is limited this year so we encourage you to sign up now or miss the opportunity to support this great cause! It's important to get our message out about early testing for Prostate Cancer and this is a great way to not only help us spread the word but to introduce your young ones to the sport that we all love so much.

We have lots of activities planned for our fun-packed family weekend so please register now! Online registration is mandatory; the link can be found on our Main Sled Ride Page at

<http://www.prostateextremeteam.com/sled.html>

Together we truly can make a difference!

Prostate Cancer is not just a man's cancer; it's a disease that affects everyone close to him

Cruisin' for a Cure Canada - 2010 Report

As you may have heard, Chinguacousy Park is going to be closed for a year until March 2011, in order to complete a massive 25-million-dollar rebuild. The plans look amazing and should make Ching an even better venue for us in 2011, but we suddenly found ourselves without a home for this year's event.

We were advised by a number of people with the City that the PowerAde Centre might be the best alternative venue for us, even though it is not a City of Brampton facility. Accordingly, Steve Hutton and I toured the PowerAde Centre on February 1 and were very impressed.

We can rent the north parking lot, which will accommodate 700+ vehicles, along with access to a meeting room to hold the blood clinic and a lobby area where we can house the registration, health fair and raffle prize area. The cost is comparable to what we paid for the Chinguacousy site.

There are a few kinks to work out, but as of this moment, we are 95% certain that we will in fact be holding the 4th Annual CfaCC at the PowerAde Centre on Sunday, September 12.

Your usual support will be appreciated.

Jim Dorsey, Cruisin' for a Cure Coordinator,

Tel.: (905) 453-3038,

Or e-mail: jim.dorsey@ustoo-brampton.com

CALL FOR VOUNTEERS

As always we are in need of volunteers. We need people to serve on calling committees and to attend and contribute to our monthly Steering Committee Meetings held this month on Wed, Feb 24th at 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinguacousy Rd. If you can commit even a few hours a month please speak to us at the next General Meeting or come out to our next Steering Committee Meeting. You will be more than welcomed and have a chance to further our goal of promoting Prostate Cancer Awareness and Research.

RECENTLY DIAGNOSED? - Contact Us Too! Brampton

If you have been recently diagnosed with prostate cancer and would like to talk to someone who has been there, please call ahead and we will arrange to meet you at a convenient time and place. Alternatively, come early to one of our monthly meetings and inform the front desk of your arrival. One of our counselors will welcome you and listen to your concerns. Our monthly meetings are held on the 2nd TUESDAY of each month except July & August but we accept calls all through the year. Family members or friends and supporters are welcome! We have been there and we think we can help you deal with this very difficult period in your life. If you would like our support, please call any one of the following to arrange a meeting:

John Sleath, Awareness Coordinator, 905-456-9943, or john.sleath@ustoo-brampton.com

Sean Butterly, Counseling Associate, 905-454-4237

Regular Mail Costs Us about a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact Gary Foote

If you already receive your newsletter via e-mail, be sure to notify us of address changes.

Gary Foote - Newsletter Editor

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